

Welsh Floor and Vault Championships

National Level

Floor Exercise						
(12x12m square)						
Criteria	Maximum of 8 elements, 7 elements plus the dismount to count, U18 and younger. Maximum of 10 elements, 9 elements plus the dismount to count for Seniors. All age groups, repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG Senior and Junior Code					
Age Group	Under 10 Year Born 2013 and 2014 **	Under 12 Year Born 2011 and 2012 **	Under 14 Year Born 2009 and 2010 **	Under 16 Year Born 2007 and 2008 **	Under 18 Year Born 2005 and 2006	Senior Born 2004 and earlier
Short Routines	Penalty (ND)		Penalty (ND)		Penalty (ND)	
7 Elements	n/a		n/a		n/a	
6 Elements	n/a		n/a		n/a	
5 Elements	3.00		3.00		3.00	
4 Elements	4.00		4.00		4.00	
3 Elements	5.00		5.00		5.00	
2 Elements	6.00		6.00		6.00	
1 Elements	7.00		7.00		7.00	
0 Elements	10.00		10.00		10.00	
						** No double salto required
Exercise Content						
Difficulty Value	Award		Award		Award	
Supplementary 'A' Skills	0.1		n/a		n/a	
A Skills	0.1		0.1		0.1	
B Skills	0.2		0.2		0.2	
C Skills	0.3		0.3		0.3	
D Skills	0.4		0.4		0.4	
E Skills	0.5		0.5		0.5	
F Skills	0.6		0.6		0.6	
G Skills	0.7		0.7		0.7	
H Skills	0.8		0.8		0.8	
Element Groups	Award Once		Award Once		Award Once	
1. Non Acrobatic	0.5		0.5		0.5	
2. Forward Acro	0.5		0.5		0.5	
3. Backward Acro	0.5		0.5		0.5	
4. Dismount (Not from Group 1)	0.3 'A' Skill 0.5 if minimum 'B' skill		0.3 'B' skill 0.5 min'm 'C' Skill		0.3 'C' Skill if minimum 'D' skill 0.5	
Supplementary 'A' Skills For u10 and u12 Age Groups Only						
(one element can only fulfil one element group i.e. roundoff used as a dismount will not be able to fulfil group 4 requirement)						
Group	1	2	3	4		
	Backward roll to Handstand on straight arms	Round off	None	n/a		
Vault (Vaulting Table)						
Age Group	Under 10 Year Born 2013 and 2014	Under 12 Year Born 2011 and 2012	Under 14 Year Born 2009 and 2010	Under 16 Year Born 2007 and 2008	Under 18 Year Born 2005 and 2006	Senior Born 2004 and earlier
Vault Height	110cm	120cm	125cm	125 or 135cm	135cm	135cm
Criteria	A gymnast must perform 2 vaults. The vault may be repeated without penalty. Both scores will then be averaged to find a total score. Technical and Apparatus specific deductions as per FIG Junior Code unless otherwise stated.		2 vaults to be performed from different vault groups and with different flight phases. Technical and Apparatus specific deductions as per FIG Code unless otherwise stated. Average score of the 2 vaults taken.			
Evaluation from 10.00 points plus vault difficulty value						